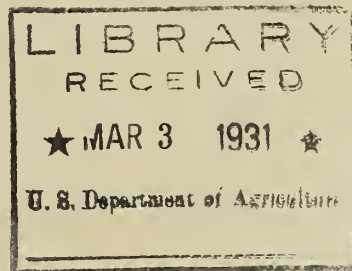


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### HOUSEHOLD CALENDAR

A radio talk by Mrs. Rowena Schmidt Carpenter, Bureau of Home Economics, delivered through WRC and 39 other radio stations associated with the National Broadcasting Company, February 19, 1931.

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How do you do Homemakers!

All sorts of things may have made a difference in your meal planning, -- winter market conditions, a slim purse for those who have been affected by unemployment or the drought, and now the beginning of Lent, -- and still we haven't mentioned food combinations for a long time. So it seems to me that the subject especially in order for today is the old familiar question, "What shall we have to eat?"

The answer is always the same in terms of good nutrition, but it may vary quite a great deal in the foods chosen from time to time to nourish the family well. We do much better if we answer it for several days or a week at a time. Perhaps you have noticed that there is a tendency to get away from the expression "balanced meals" and to substitute for it the term "balanced diet." There is a very good reason for this change. It isn't always easy or even possible to make every meal meet the needs of the body perfectly, and it really doesn't matter if some meals are a bit lop-sided in food value, or somewhat short in the wide variety at which we aim for the week. That is, it doesn't matter if the variety is taken care of in the course of several meals or days. And you will find it easier to check the larder once a week, and make a food plan a week in advance at the same time.

Your plan will include several good protein foods; which ones depends somewhat upon your family's taste and pocketbook. There is sure to be milk in every good food plan, and if you have children or if your money allowance for food is low, you will include plenty of milk. I know that you afford milk and that you need it because in addition to being a good protein food it supplies minerals and vitamins. But some of the protein needs of your family will come from the various kinds of meat dishes you serve, and from poultry, eggs, cheese, and fish.

Some of my friends think that the hardest part of meal planning is deciding on the main protein dish. If you agree with them, you will find it helpful to have some of our recipe leaflets handy, and also a copy of Aunt Sammy's radio recipes. (If you haven't a pencil or paper nearby, I'd advise you to get one right now.) For ways to fix meat, whether you choose the least or the most expensive cut, you will want Leaflet 17, Cooking Beef; Leaflet 28 on Lamb; Leaflet 45 on Pork; and Leaflet 66, Rabbit Recipes; and besides, you will refer to the chapters on meat and on poultry in the radio cook book.

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There are other good protein foods, too, for variety the year around, and suitable for special days observed during Lent: eggs, milk, cheese, and fish. And so I want to offer about six more bulletins: Leaflet 39 Eggs at any Meal, Farmers' Bulletin 1359 Milk in the Home, recipes for eggs and cheese in the radio cook book, and four Farmers' Bulletins: 1451 Cottage Cheese, 960 Neufchatel and Cream Cheese, 1195 Rice as a food, 1236 Corn as Food.

One more suggestion about meal planning. If this job seems a burden, set aside an hour or two some day soon, and with a group of large sized cards or sheets of paper write down all of the things to eat you can think of. In one list put protein dishes, in another starchy vegetable dishes, in another the less starchy, more watery, vegetable dishes (like scalloped tomatoes, buttered spinach). Make another sheet for salads, another one for desserts, another for breadstuffs. Let your lists be very complete: mention potatoes and each other vegetable in all the different ways you have ever fixed them. Keep these lists handy so you can jot down something else when you see a new recipe. Then when you start to make your menus for the week, or for the day, if that is the unit you prefer, lay these cards before you and choose dishes from each. If you have grouped your ideas carefully, it will be very easy to plan meals by this system.

And now before I stop, let me mention those bulletins again; First, the radio cook book; then four leaflets on meat: pork, beef, lamb, and rabbit; and one pamphlet about each of these other foods: eggs, cottage cheese, cream cheese, rice, corn, and milk. And now goodbye, homemakers, until next week.